

Kerstin Schaller



## NEW at Pilates Studio Richterswil

### Pilates Reformer Training

The Pilates method is a holistic body training, focussing on the deep and often weak little muscles (power house), which are responsible for a correct and healthy body alignment. It is a workout which includes the strengthening of these muscles as well as stretching combined with a conscious breathing technique.



The heart of the Pilates training on special Pilates equipments is the workout on the **Reformer**. Originally this machine was developed by *Josef Pilates*, to support injured soldiers and dancers in their rehabilitation. Today the **Reformer** is a highly developed training equipment with a lot of advantages for the clients. The fact that you have a great variety of different exercise (more than 500 varieties) which you can perform on the **Reformer**, offers every client an ideal work out, independent of age and training condition.

The machine is so designed that it offers assistance as well as resistance for the client's workout. It has a mobile carriage on which you can lie, sit or even stand. The carriage is attached with flexible springs which allow an individual adjustment concerning assistance or resistance. Through ropes equipped with hand- and foot-straps you are able to strengthen the upper part and lower part of your body as well as mobilising hips and shoulders.

This training method is ideal for Personal Training, for clients with various physical conditions and goals.



#### Prices *Pilates Reformer* Personal Training

Amount of lessons	Price per lesson	Total Price
1 à 60 min	150.-	150.-
5 à 60 min	148.-	740.-
10 à 60 min	146.-	1'460.-

The Training with the *Pilates Reformer* is taking place at the Pilates Studio Richterswil, Zugerstrasse 5, 8805 Richterswil.

For inquiries and training appointments please call Kerstin Schaller  
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